# Throwing the Football

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1. Hold ball over the line of scrimmage, then say hike.
2. Turn body to dominant side (pivot on non-dominant foot).
3. Two hands on ball, ball behind ear at beginning of throw.
4. **Take three slide steps backwards.**

1. Point free hand at target.

1. Push off back foot, **front foot steps** toward target.

1. **Rotate upper body** (jam your non-dominant elbow into ribs)
2. Transfer body weight from back foot to front foot

1. Snap wrist and rotate hand when releasing the ball

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